

**League of Michael and League of Gabriel – through Joan:**

Greetings!

We are here to facilitate a review and an update in the use of the 2<sup>nd</sup> Triad.  
We have specific purposes in coming together at this time for this presentation.

Be aware that we are transmitting Holographic Projections into your energetic field  
in this magnificent Crucible of Light  
that will be used and can be used continually  
throughout your remaining years of this Ascension process.  
It will help you stabilize all of the creations that you will be required to make.

So, take a deep breath and be very centered in your Sacred Heart.....

Be aware of the Presence and the spinning of the upgraded Light Frequency  
of the 1<sup>st</sup> Triad,  
as it spins and it spins and spins at that refined Frequency.....

There are many Attention Points, Beloveds, within this Triadic spinning form of Light.

And we will lead you in drawing from those Attention Points,  
as we now become aware, you become aware,  
of the spinning of the 2<sup>nd</sup> Triads.  
It, too, has been upgraded to 100% Light.....

Feel the difference in the way these two Triads are interacting  
and projecting Energetics into your entire system:  
your Light Body, your SoulSpirit, and most importantly, your physical body.

It is within this 2<sup>nd</sup> Triad that you will alter that beautiful, physical body  
and upgrade it into a different Light Frequency,  
that is unified, a different Dimensional sequence.....

So, as these two beautiful Triads are spinning,  
it sets off the remaining two Triads of the 3<sup>rd</sup> and 4<sup>th</sup> Triadic system,  
so that the whole Unified Field is spinning to provide the Energetics  
that will be necessary in this process that you will be asked to practice and use,  
moving forward.....

[4:54] So, now, draw from that beautiful Sacred Heart Center of the 1<sup>st</sup> Triad and bring forth an Attention Point that will be used. Bring forth from the Consciousness of the 1<sup>st</sup> Triad. Bring forth the Sacred Heart Center and the White Star Tetrahedron – bring it forth and bring it into the 3<sup>rd</sup> Eye, which is the Eye, the All-seeing Eye, of the All That Is.

Now, draw from the 4<sup>th</sup> Triad, as it spins and spins also.  
But draw forth the Undifferentiated Light from that 11<sup>th</sup> chakra within the 4<sup>th</sup> Triad, with the Intention of using it in the process to create Liquid Light.

Now, draw from the 1<sup>st</sup> Triad into the Pineal, which is your personal 3<sup>rd</sup> Eye Center – also draw from that 1<sup>st</sup> Triad the Magenta Flame that burns brightly within that Pineal. Be aware that that Magenta Flame is the Eternal Flame that burns continually within the Sacred Heart Center.

So, as you bring those Energetics into the Pineal  
with the Intention of creating Liquid Light from the Undifferentiated Light,  
now bring forth from the Sacred Heart Center the third aspect  
and that is from the Throat Chakra, which is now connected to the Medulla Oblongata.

This upgrade within this Medulla Oblongata has been recently upgraded. It was not usable very consistently and accurately, because it was misunderstood because of the level of consciousness that you held. But now, you are holding more refined states of Consciousness., because of that beautiful function of your Light Body and the Frequencies of Light that you are able to hold.

It was often said that the Medulla was the Voice of the All That Is.  
It was the Mouth of God.

As it is connected now to that valuable Throat Center, which is your voice,  
it functions more coherently and adequately,  
because you understand the value and the purpose  
when your voice and the Voice of the All That Is  
is drawn from the All That Is and used in that Medulla Center.

Your creation in form becomes very powerful,  
because of the Sound Currents that are generated.

So, you have the Magenta Color Code within the Sacred Heart Center.  
You have it within your 3<sup>rd</sup> Eye. You have it within the 3<sup>rd</sup> Eye of the All That Is.  
And it reflects into the Medulla Oblongata.

So, you have already drawn within these three Centers  
the Undifferentiated Light of the All That Is.  
And you now direct the spinning to begin to spin  
at an upgraded version that is within this Triad.

[11:11] Be aware of one more function that has been added to this.

And that is the function of the Sapphire Blue Star Tetrahedron,  
where the unlocked Time Locks now energetically assist in this creation  
and allow a stability to be created in 5<sup>th</sup> Dimension -- stably, consistently.

It allows for the Equilibrium in your emotions  
that moves your manifestation into coming into form.

It also affects the mind, the thoughts that are thought, because  
there is a consistency and a coherency within that 7<sup>th</sup> Dimensional Light Template.

It also contains the 5<sup>th</sup> Element of Love and Unity  
that must be present in any manifestation of form within form in the 5<sup>th</sup> Dimension.

All is in play, now, at this very moment,  
as you spin and you spin these vortexes  
that compress the Differentiated Light that you have just created  
and compress it with your Intention into a fluid Light.

Feel the shift as the Light comes into a form of fluidity.....

With your Intention, bring it into our blood, as it pumps through your physical heart,  
through every artery, every vein, and merges with the blood in that Liquid Light.

Any carbon-based cell that it is transmitted to is eliminated and overshadowed  
by the Liquid Light to eliminate it so that the body functions more coherently.

The blood carries the life-giving Energy for every cell, every organ of the body.  
It relates to the bone structure where the red blood cells are created.

So, now, it is all filled with the Living Light of the All That Is,  
functioning, transmitting,  
overshadowing any carbon-based element,  
bringing it into the full expression of Liquid Light, the Living Light,  
the Undifferentiated Light of the All That Is.

[15:52] Now, we will repeat this process.

This time we will change the Intention to create a more viscous Light -- Golden Nectar.

So, as you bring the Undifferentiated Light into the 3<sup>rd</sup> Eye,  
and the Presence and the Voice and the Sound of the All That Is receives it.

And now, you bring this Light into the Pineal,  
where the beautiful Magenta Flame is burning brightly.  
You bring it into your 3<sup>rd</sup> Eye, so it becomes all-seeing and discerning.

Now, bring it into the Medulla Oblongata, where you speak your truth.  
You speak what is needed in any given moment, in Love and Unity.

So now, spin all three chakras, spin it continually.  
Allow it to compress the Light and become, with your Intention,  
the Golden Light, the Golden Nectar Light that is viscous.

This will be brought into the neurology of the body,  
the neurons of the brain to upgrade and alter the brain.

This changes the way thought is thought,  
the way in which the complexities of Energetics and concepts are processed  
through the brain,  
because of this beautiful Golden Light  
that is now present within the neurons of the cells of the brain  
and all parts of your neurology.

Those thoughts are thought in coherency  
in the vital Consciousness of 5<sup>th</sup>-6<sup>th</sup>-7<sup>th</sup> Dimension.

The thoughts are coherent  
because of the Presence of the 5<sup>th</sup>-6<sup>th</sup>-7<sup>th</sup> Dimensional Light Templates.

The emotions that are created through the thoughts  
are also created in coherency and equilibrium,  
so they can be manifested accurately in 5<sup>th</sup> Dimension.

The Presence of the Element, the 5<sup>th</sup> Element of Love and Unity ensures that  
those creations are in full alignment with your Divinity.....

[20:39] Now, the entire system is spinning in this magnificent Golden Christed Light.

You have just begun to create a version of altering and changing the form of your body.  
You have created form while being in a body,  
because we have shown you the pathway to use the Light Frequencies,  
the Liquid Light, the Golden Nectar Light,  
to ensure that higher Frequency that you have created  
is maintained in stability consistently.....

Notice the shift that is occurring in your body in this moment,  
in the Presence of the Liquid Light,  
in the Presence of the Golden Nectar.

Notice how you feel empowered,  
but in a way that is not a dominating empowerment.  
It is the empowerment of the Christed Light.  
It is the empowerment which you were created with,  
to be able to manifest in the Earthly realm what was needed at any given time,  
with accuracy and full use of ALL of the Elements now:  
The 5<sup>th</sup> Element that produces Love and Unity,  
the Water Element, the Fire Element, the Air Element,  
and, most importantly, the Earth Element – the Elementals of the Earth are present.

Now, let us sit in what you have created in this moment. In Joy!  
You sit often and you will maintain the stability of a creator of Light that you ARE.....

Another deep breath..... Present in the moment.....

And we will continue.  
We now turn this section of the meeting over to the Council of Twelve,  
of which you are a member.

Another deep breath..... Present in the moment.....

Welcome the Council of Twelve!